



July

What I might find at an Iowa Farmers' Market in July:

Apples
Apricots
Asparagus
Beans
Blueberries
Broccoli
Cabbage
Carrots
Cauliflower
Cherries
Cucumbers
Leeks
Lettuce
Onions
Peppers
Potatoes
Radishes
Raspberries
Rhubarb
Spinach
Squash
Sweet Corn
Tomatoes
Zucchini

Capitol Complex Farmers' Market

Every Tuesday, July 19 – September 27, 3:00 – 5:30 pm
E. 13th Street between E. Walnut and E. Grand Avenue

"I Hate Cucumbers!" Cucumber Salad

Ingredients:

½ cup red wine vinegar
½ teaspoon black pepper
1 teaspoon dried dill weed
5 cucumber, scored and thinly sliced
2 teaspoons white sugar
¼ cup mayonnaise
1 stalk celery, thinly sliced
½ red onion, chopped

Directions:

Stir together vinegar, sugar, pepper, and dill in a large bowl until the sugar has dissolved. Stir in the mayonnaise until smooth and then add cucumber, celery and red onion until evenly coated with the dressing. Cover and refrigerate at least 1 hour. Season to taste with salt and stir once again before serving



(How easy is that?)

Fresh Fruit Snack Ideas

- Spread bagel with low-fat cream cheese. Top with fresh berries or cherries
- Mix fresh raspberries with blueberries, cherries and vanilla yogurt
- Make raspberry "sandwiches" with graham crackers and low-fat cream cheese

Summer Sweetness from the Market